

Prosper Mawuli

Pmawuli

Kwame Nkrumah University of Science and Technology

Greenest

Meal Name:

Okro Stew with Banku and Avocado Slices

Objective:

To prepare a traditional Ghanaian plant-based dish using **FLOSN (Fresh, Local, Organic, Seasonal, and Nutritious)** ingredients while keeping the meal affordable (under \$4 USD per person) and sharing it with someone who usually consumes animal products.

1. Planning the Meal

I chose **Okro Stew with Banku and Avocado Slices**, a classic Ghanaian dish that naturally aligns with FLOSN principles. The stew features fresh okro, tomatoes, garden eggs, and onions — all local and seasonal ingredients — cooked in palm oil for a rich, natural flavor. The avocado adds healthy fats and creaminess to complete the meal.

This meal is:

- **Fresh:** Made with produce bought the same day from the market.
- **Local:** Every ingredient is grown or sourced within Ghana.
- **Organic:** Okro and tomatoes came from a farmer who uses compost manure.
- **Seasonal:** Okro and tomatoes are in peak season now.
- **Nutritious:** Packed with vitamins, fiber, and plant-based nutrients.

2. Sourcing and Cost Breakdown

Ingredient	Quantity	Source	FLOSN Qualities	Cost (GHS)
Fresh Okro + Fish	8 pods+1 fish	Local farmer's stall	Fresh, Local, Seasonal	12.00
Tomatoes	3 medium	Organic stall	Organic, Local	4.00
Onions	1 large	Local market	Local	4.00

Ingredient	Quantity	Source	FLOSN Qualities	Cost (GHS)
Garden eggs	2 medium	Backyard garden	Seasonal, Nutritious	4.00
Palm oil	4 tbsp	Local supplier	Local	5.00
Banku (corn + cassava dough)	2 balls	Local kenkey seller	Local, Seasonal	5.00
Avocado	½ fruit	Avocado farmer	Fresh, Local	5.00
Salt & pepper	To taste	Kitchen	—	1.00
Total Cost — — —				GHS 40.00 (~\$3.72 USD)

Serves 2 people — still under \$4 per person.

3. Recipe Card

Okro Stew with Banku and Avocado

Ingredients:

- 10 okro pods, chopped
- 3 tomatoes, diced
- 1 large onion, sliced
- 2 garden eggs, diced
- 2 tbsp palm oil
- 2 balls of banku
- ½ avocado, sliced
- Salt and pepper to taste

Instructions:

1. **Prepare the stew base:** Heat palm oil, add sliced onions, and fry until golden.
2. **Add vegetables:** Stir in tomatoes and garden eggs, simmer until soft.
3. **Add okro:** Mix in chopped okro, season with salt and pepper, and cook gently for about 10 minutes until slightly thick.
4. **Prepare banku:** Warm pre-fermented dough with water while stirring until smooth and firm.
5. **Serve:** Scoop okro stew beside warm banku and garnish with fresh avocado slices.
6. **Enjoy:** Share with a friend and talk about sustainable eating choices!

Nutritional Highlights:

- Rich in **fiber, iron, vitamin C, and antioxidants**

- Provides **healthy fats** from avocado and **energy** from banku
- 100% plant-based and gluten-free

4. Reflection: The Shared Experience

I shared this meal with my roommate, who usually prefers meat dishes. He was surprised by how satisfying and flavorful the okro stew was — especially with the avocado.

This experience taught me that **affordable, sustainable eating starts with local choices.**

Visiting the market at the end of the day also helped me get discounts while supporting small-scale farmers. Sharing a traditional Ghanaian dish made the experience meaningful — a celebration of community, culture, and conscious eating.



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delightful
dish!

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mawuli2310 Today's FLOSN challenge reminded me that sustainable eating can be both affordable... more
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